Step 4: Develop an Action Plan

Phew! You're halfway there. You have interests, career ideas, college options, and goals.

Now, you need an action plan to put it all together.

Think about it. If your goals are a guiding star in the sky, then your action plan is a road map that shows where you're going and where you've been. Making a plan and sticking with it is one of the most important steps in college and career planning.

If it's starting to seem like the whole college thing is a lot of work, it is. Sometimes people make it look easy. They know which classes to take and they know which way to go. But not everyone starts the college and career planning process with the same knowledge or skills.

So, in this section, you'll find out how to plan for college admission and a career and what your plan should include. You'll learn about advanced classes and standardized tests. You'll even be able to fill in your own planning worksheets to track your progress and get ready for college.

Again, it's a good idea to visit with your school counselor, teachers and parents as you make your plans. This is one step where you don't want to leave anything out.

Graduating from High School...

he first part of your plan should be making sure you're on track to finish high school. High school graduation requirements vary from school to school and district to district. All graduates must meet minimum state standards, and you'll learn about those here. But your high school or school district can add extra requirements. Check with your school counselor to learn what the exact requirements are for your school.

High school graduation requirements are not the same as college admission requirements.



Choosing a Pathway

Many high schools ask students to choose a career pathway as sophomores or juniors. Don't let this scare you. A high school pathway helps you explore some subjects in depth; it doesn't mean that you're required to follow a specific job track. You can go to any college and major in anything regardless of your high school pathway. Just make sure you take the core courses you need to meet college entrance requirements.

Entering High School in 2004? Know the Four Steps to Graduation.

Step 1: Meet Class/Course Credit Requirements

You must meet the state's minimum requirements **AND** complete any extra coursework required by your school district. Note: the minimum requirements for your school may not be enough to prepare you for the college or career you want. You are strongly encouraged to take more than the minimum number of classes.

	Minimum State Graduation Requirements	Minimum Requirements for Your School District (Fill in Yourself)
English	3 credits	
Math (algebra or higher)	2 credits	
Science (one must be a lab)	2 credits	
Social studies (including Washington state history)	2.5 credits	
World language (same language)	0 credits	
Fine, visual, performing arts or academic elective, or choose an extra class from those listed above	1 credit	
Health and fitness	2 credits	
Occupational education	1 credit	
Electives	5.5 credits	
TOTAL	19 credits	

Step 2: Earn a Certificate of Academic or Individual Achievement

Most students have to earn the Certificate of Academic Achievement to graduate. You can earn this by passing the reading, writing and math sections of the Washington Assessment of Student Learning (WASL). Passing the science WASL will be required for graduates in 2010. Some students in special education will earn the Certificate of Individual Achievement instead - for successfully meeting the Washington Alternate Assessment System (WAAS) standard in the same subjects.

Step 3:Complete a Senior Project

In addition to completing required classes and passing the high school WASL, you need to complete a "culminating project" and present your work to a panel of students, teachers, parents and/or community members. Some schools call this a "senior project" or "grad project." It gives you a chance to apply all of your skills to a project or topic of vour choice. You could raise money and build a community playground, create a historic display based on interviews with and memorabilia from local townspeople, or make a documentary movie.

Step 4: Create a Plan for Your Life after High School

Finally, you must complete a "high-school-and-beyond" plan before you graduate. Some schools require students to work on this plan in the senior year. Students at other schools start the plan much earlier. Your plan will help you connect your high school activities with your post-high school goals. It might include an outline of the classes you plan to take, a career interest inventory, job market research, colleges you'd like to visit or attend, admission and financial aid information, and an outline of your shortand long-term goals. Parents, counselors, and teachers can help you with this plan.



Getting Ready for College...

Once you know you're on track to finish high school, it's time to think about beefing up your course schedule. The fact is, the courses you need for high school graduation might not be all you need to get into the college or training program you want. However, you can increase your chances by taking tough high school classes, earning college credits in high school, gaining job skills, and testing your progress. Check out the next few pages for ideas.

This chart shows Washington's recommended college-prep courses for high school students.

Your high school or college of choice might have additional requirements. Talk to your principal or school counselor for more information.

Minimum State Requirements for Four-Year Public Colleges and Universities
4 years

Recommended Courses for Highly Selective Colleges and Universities

	Universities	
English	4 years	4 years
Math (algebra or higher)	3 years	3-4 years
Science (one must be a lab)	2 years	3-4 years
Social studies (including Washington state history)	3 years	3-4 years
Work-related education	None	None
World Language (same language)	2 years	3-4 years
Fine, visual, performing arts or academic elective, or choose an extra class from those listed above	1 year	2-3 years
Minimum Grade Point Average	2.00	Varies

Earn College Credits in High School

You can increase your odds of getting into a four-year college by taking Advanced Placement, Running Start, International Baccalaureate, or Tech Prep classes. These aren't required for high school graduation, and they do take hard work. But students in these programs can graduate from high school with a two-year degree already completed or save on college costs by paying little or no money to earn transferable college credits.

If you think you're up to this challenge, meet with your school counselor. They can give you more information about programs at your school. And, check with different colleges to find out which classes and tests they accept for credit and what scores or grades you will need.

Advanced Placement (AP®)

AP® courses offer college level coursework in high schools. Classes are offered in calculus, history, physics, chemistry, world languages, and more. All classes count toward high school graduation. If you want college credit, you can take an end-of-the year exam that covers all of the course material. The test is not required and does cost money, but fee waivers are available. Colleges generally give credits for test scores of three or better. Selective colleges often require scores of four or five.

International Baccalaureate (IB)

The IB® program is similar to AP®, but is offered at fewer schools. IB® concentrates on multi-subject and international study more than AP® and Running Start. Students enrolled in IB® can earn special diplomas by taking IB® courses and passing several comprehensive examinations. Colleges generally give credit for test scores of five or better.

Don't Take 'No' for An Answer!

If you're doing well in your regular classes and think you can handle an advanced course, why not give it a try? Sometimes, others will suggest easier courses when a challenge is what you really need to get your brain in tip-top shape. You know yourself better than anyone else. If necessary, get a parent or trusted teacher to help you get the classes you want. Class choices can be critical decisions—don't let someone else make them for you. Go for it!

Running Start

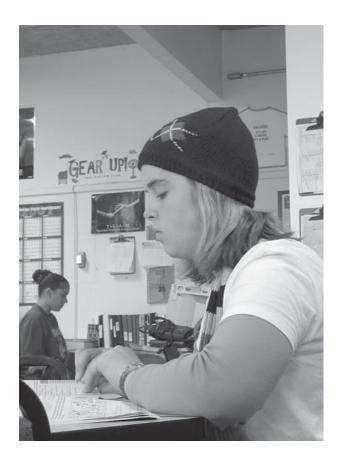
Running Start allows you to take academic classes at many public colleges and universities and get double credit for high school and college. You can earn a high school diploma and associate's degree at the same time. You do not have to pay tuition at the local college, but you do have to buy textbooks for each class and pay some required fees. A placement test is also required. Check with your guidance counselor or local college or university for details. School advisors can help you make sure the Running Start classes you take meet your high school graduation requirements.

College in the high school

Instead of going to a college or university to take classes, let college come to you! College in the high school allows high school teachers to work for a college or university and a high school at the same time. Regular high school teachers offer college-level classes in English, math, history, and more. Students who receive a grade of B or better can earn college credit. Check with your high school counselor for more information. Not all high schools participate in this program.

Tech Prep

Tech Prep is a two- or four-year program that begins in high school. Local community and technical colleges agree to accept credits from your regular high school classes if you earn a B or better. After high school, you'll be able to go straight into some community and technical college programs. This can save you and your family time and money. Check with your school counselor for details.



Get Job Skills In High School

Whatever college you choose, your plans should include more than just the classes you take.
College degrees alone don't guarantee success.
Experience counts too. Try to include community service activities, internships, and job training in your college and career plans. Just remember not to overdo it. School is your first priority.

Employers and colleges prefer people who have a wide range of skills. Job, volunteer, and training experiences help you develop those skills and show that you're responsible, mature, and trustworthy. And in most cases, more experience means better earning potential and opportunities. You can get work and leadership experience in high school with:

Generosity towards future the future lies in giving all to the Present?

—Albert Camus

USA Freedom Corps, AmeriCorps, and Job Corps

USA Freedom Corps, AmeriCorps, and Job Corps are national community service programs.
Volunteers of all ages clean up parks, paint buildings, and assist people in need. Some volunteers can earn college scholarships for participating. To learn more about these programs, visit http://www.usafreedomcorps.gov/, http://www.jobcorpsworks.org/.

Internships

Internships, like paying jobs, give you hands-on experience with careers that interest you. Usually, you work with a mentor to establish your goals and job responsibilities. Internships are available through hospitals, senior citizen facilities, law enforcement agencies, and many private businesses. Talk to your school counselor about this option.

Job shadowing

Some professionals allow students to observe what they do on the job. This is called job shadowing. Often you can learn how people behave at work and what's expected of employees on the job. Your school counselor may be able to recommend someone you could shadow.

Junior ROTC

Junior Reserve Officer Training Corps (JROTC) is a high school class that gives you a crash course in military culture. Cadets wear uniforms once a week and on special occasions. Some also go to summer camps to play team sports, train on obstacle courses, learn land navigation and water safety techniques, and more. Talk to your school counselor or a military recruiter for more information.



Occupational classes

Many high schools offer courses in debate or public speaking, computer keyboarding, hospitality, woodworking, welding, and even computer network maintenance. Take advantage of these classes to develop your workplace skills.

▶ Pre-apprenticeship training

Pre-apprenticeship training programs help students improve their basic skills and get ready for apprenticeship programs. If you're interested in an apprenticeship and you want to get a head start, find a training program near you at http://www.lni.wa.gov/scs/apprenticeship.

Other Community Service Volunteer work

Community volunteer work can help build your teamwork and leadership skills. You could learn carpentry by building homes for needy families, or practice your communication skills by talking with residents at a retirement home. Check with your school counselor or chamber of commerce to find organizations in your area that need volunteers. Many have volunteer coordinators trained to match your interests with their needs.

Test Your Progress

Everyone wants to see how different students and schools compare. That's why there are so many standardized tests. Educators, communities, and government officials use them to make sure your school is doing a good job. And since students come from all over the world to attend U.S. colleges and universities, colleges need some way to compare the students who apply. Standardized tests don't just help adults though. They help you learn too.

Tests help you see how you're doing and show you where you might need help. But this only works when you do your best. When your scores come back, check to see what you did well and where you can improve. Make each test a learning tool to help you reach your goals.

There are many standardized tests, and you might wonder which ones you should take. Some standardized tests are required, some are recommended, and some are just for practice. You do not need to take all of them, and you can take some as many times as you like. Here you'll find a short description of major tests. Take some time to look at each of them, see how they're used, and what they can do for you.

Washington Assessment of Student Learning (WASL)

This is a series of state tests given to all students in Washington. Questions are multiple-choice, short answer, and essay. Beginning with the class of 2008, most students must pass the 10th-grade WASL tests to earn a Certificate of Academic Achievement and graduate from high school.

WASL scores may also be used to determine scholarship eligibility, and some colleges are considering using WASL results as one factor in making admissions decisions.

ASVAB

The ASVAB (Armed Services Vocational Aptitude Battery) is an optional test. It is mainly used as a military recruitment tool, and it is free. It tells you which military jobs you qualify for and lets you see how you compare to students across the nation. This test is primarily for high school juniors and seniors, but sophomores can take it too. If you're interested, contact your school counselor or a military recruiter.

PLAN®

The PLAN® test is like the college admission test, ACT®, and tells you how well you might do on the ACT® Assessment. It is suggested for 10th grade students. PLAN® helps you figure out what you have learned in school so far and what you need to work on next. It has four sections: English, math, reading, and science reasoning. It helps you learn where you are compared to other students your age. PLAN® also has an interest inventory built in. Schools that offer this test usually offer it in the fall. The test is sometimes free. Check with your school counselor for details.

Paying for College Tests and Applications

Admissions tests and college applications do cost money, but fee waivers are available for juniors and seniors who cannot afford to pay. Most testing fee waivers can be used in the junior or senior year, but not both. See your school counselor for more information.

PSAT[®]/National Merit Scholarship Qualifying Test (NMSQT)™

PSAT® is similar to the SAT I® college admission test and predicts how well you might do on the SAT I® test. The PSAT® is recommended for high school juniors. It tests your verbal and math ability with questions about sentence structure, analogies, reading comprehension, and math concepts. It also has a writing section.

PSAT® is also used to choose semi-finalists for the National Merit® Scholarship Program, National Achievement® Scholarship Program, and National Hispanic Recognition Program. These are very prestigious awards.

Students who take this test can check 'Yes' to the Student Search Service®. This allows colleges, universities, and scholarship programs to send you information at home. Students may take PSAT® for practice in 10th grade, then again in the 11th grade to be considered for the scholarship. PSAT® is given in October and costs about \$10. See your school counselor for more information.

ACT®

The ACT® Assessment is one of two tests most colleges use to admit new students. Like the PLAN® test, it helps you figure out how much you've learned in school and what you know how to do.

ACT® sections include math, English, reading, and science reasoning. There is also a built-in interest inventory to help you think about careers. Most counselors recommend that juniors take ACT® in February, April, or June. Seniors should take it in September, October, or December. Each test costs about \$25. Ask your school counselor for a registration packet or fee waiver.

▶ SAT I® and SAT II®

SAT I® is the other test colleges often use to admit freshmen. It is very similar to the PSAT®. It tests the verbal and math reasoning skills you've learned in and out of school and asks grammar, analogy, reading comprehension, and math questions. SAT I® tests cost about \$25 each. See your school counselor for fee waivers and registration packets.

SAT II® tests are often called subject tests. For about an hour, you answer questions about specific school subjects, like U.S. history, chemistry, or French. In most cases, students take SAT II® tests in addition to the SAT I® or ACT®. Some colleges use them to place students in higher-level classes. Prices vary, and fee waivers are available. See your school counselor for a registration packet.



Create A High School Plan

Now you know what it takes to graduate from high school. You know what colleges are looking for. You even know what kinds of tests you'll have to take and which classes can give you a head start. It's time to combine all of that knowledge in your own high school planner.

It's up to you to challenge yourself with core classes and after-school activities. Parents, school counselors, friends, and others can give you information and help you along the way. But it's your responsibility to do your best work. A personal planner can help you with this.

Remember, you have to apply to get into most colleges. College applications ask you all sorts of questions like, what classes did you take? What awards have you received and, what activities have you participated in? By the time you're a senior, you might forget the things you did as a freshman or sophomore. Keeping track of your progress is a good way to avoid confusion later. It also shows you where you need more work. When you sit down to fill out your applications, you'll know exactly what you've done during your high school years. See the sample on the next page.

In your own planner, you can record the classes you take (or plan to take) each semester. You can make sure you're taking enough tough classes for college or the world of work. And, you can keep track of your test scores, awards, and activities. There are blank planners on pages 48-51 to help you get started.

10	Student Nan	me:	JOHN P.	DOE				Sch	nool Counsel	or: Mr. S	MITHERS		
GOALS	Goal(s) for th	he Year:	GET AT	LEAST A 3.C	O GPA EVERY QUARTE	R, FINISH AL	L ASSIGNME	UTS ON TIME, AND GET	AT LEAST	1000 ON W	ar SATS AND 21 ON	my ACT	
ဗ		I ALSO WANT TO DO AT LEAST 200 HOURS OF COMMUNITY SERVICE.											
	SEPTEMBER OCTOBER				NOVEMBER DECEMBER		JANUARY FEBRUARY		MARCH - MAY	JUNE - A	UGUST		
CHECKLIST AND TIMELINE			Request letters of recommendation Ask teachers, counselors, and others to help you with your personal essays Take SAT I®, SAT I®, AST I®, AST I®, AST I®, AST I®, Wisit/rour colleges Ask colleges about financial aid forms Meet with your school counselor to check up Keep up with grades and homework Save money for prom, pictures, and more		Get financial aid applications from colleges Work on admissions applications Send high school transcripts to colleges Males 18 and up must register for Selective Service to get federal financial aid. Register online at www.sss.gov Take SAT [**], SAT [**], and/or ACT** exams If necessary, register to retake SAT**, and/or ACT** to December or January Apply for scholarships	Filing the FAFSA online? Request a Personal ID Number (PIN) from the website W Save December pay stubs to complete FAFSA Apply for scholarships to Mail admissions applications, if due Do colleges have your recommendations?		If due, mail admissions applications and/or make sure they've been received Make sure colleges have your letters of recommendation Keep copies of all forms you mail Ask your parents to complete tax returns early this year. Schools may want a tax return to prove financial aid eligibility. Mail end-of-semester		FAFSA is received. 433-3243 get your IR Report (SAR) your colleges basks for ormation, or o make a do so ASAP, aspond could ancial aid missions letters out f-trimester o colleges cholarships	✓ Contact financial aid offices to see if your application's complete. If you're not admitted to any colleges, see your school counselor for guidance. ✓ Review financial aid awards from colleges. You may need to sign and return one copy. ✓ Decide which school to attend and notify all colleges by May 1. ✓ Apply for campus housing. ✓ Respond to all letters from your college of choice by due date!		
		1ST QUA	RTER		2ND QUARTER				3RD QUARTER		4TH QUARTER		
	CLASS	_		GRADE	CLASS		GRADE B+	CLASS		GRADE	CLASS		GRADE
	ENGLISH 12 B+			4		ENGLISH 12 A-		ENGLISH 12					
	ALGEBRA 2 C+		ALGEBRA 2 C				C	TRIG.					
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RA	SPANISH 7 A-		SPANISH 7 A		A	SPANISH 8		А	SPANISH 8				
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	YEARBOOK			А	YEARBOOK		A	YEARBOOK		Α	YEARBOOK		
								SENIOR PROJECT		NA	SENIOR PROJECT		
			TERM GPA	3.24		TERM GPA	3.29		TERM GPA	3.34		TERM GPA	
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S TEST SCORES	v 3 90 so	Test: core: Test: core:		24	Language and English. MathematicsScience World Language			Social Studies/History Physical EducationArts or Academic Elective. Work-Related Education			Other Electives (choose : unshaded boxes) Other Requirements (spe	several from the	; v
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Keep your options open.

Your interests and plans may change over the years, so it's a good idea to take challenging classes every year. Then you'll be better prepared for higher education or work. whichever you choose. As your interests and needs change, you might take different classes or decide to take a class during a different school year. Just remember to stick with a plan. These help you stay organized and on track for college and beyond.

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Write your goals and plans down on paper and post them where you can see them. Putting your plans down in black and white will make them more real. They'll serve as a constant reminder of what you're working toward. Plus, sharing your plans with parents, friends, teachers, or counselors helps everyone get involved in supporting you. Family, friends, and other supporters can help you stay focused and encourage you if you struggle.

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Colleges and employers want to see plenty of effort in tough classes. solid test scores, and a history of participation and leadership. Good grades or test scores are important to colleges. But that's not the only important factor. Most colleges look at how well vou've done in school and how hard you've worked outside of school. Many colleges would rather see a so-so arade in a tougher course than an "easy A."

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Track your progress.

Once a week, or maybe once a month, think about your progress. Is it taking you longer than you thought to reach some goals? You might need to adjust your deadlines or add more in-between steps. Celebrate each success and think about what's next.

66 In preparing for battle,
I have always but that plans are useless, indispensable.



—Dwight D. Eisenhower



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	Student Nam	ne:	JOHN P.	DOF				Sch	nool Counsel	or: Me	- NMITHERS		,,,,,,,
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S S													
	SEPTEMBER OCTOBER			NOVEMBER DECEMBER			JANUARY FEBRUARY		MARCH - MAY JUN		AUGUST		
CHECKLIST AND TIMELINE	Get organized Start a calendar with all test names, registration dates, and fees as well as admissions and financial aid deadlines Start a folder to file all correspondence Choose top 5 colleges and get applications If applying early decision, check with admissions office for application and deadlines Sign up for October or November ACT® and/or SAT I® and SAT II® tests Request letters of recommendation Ask teachers, counselors, and others to help you with your personal essays Take SAT I®, SAT II®, and/or ACT® exams Attend colleges fairs Visit/tour colleges Ask colleges about financial aid forms Meet with your school counselor to check up Keep up with grades and homework Save money for prom, pictures, and more		Get financial aid applications from colleges Work on admissions applications Send high school transcripts to colleges Males 18 and up must register for Selective Service to get federal financial aid. Register online at www.sss.gov Take SAT 10, SAT 110, and/or ACT0 exams If necessary, register to retake SAT0, and/or ACT0 tests in December or January Apply for scholarships	Federal Student Aid (FAFSA) from your high school, college, or www.fafsa.ed.gov. Begin working on it. Do not send it in before January 1 Filing the FAFSA online? Request a Personal ID Number (PIN) from the website scave December pay stubs to complete FAFSA 'Apply for scholarships we SAT 180 Apply for scholarships To ACT® exams cessary, register to e SAT®, and/or the star in December nuary Federal Student Aid (FAFSA) from your high school, college, or www.fafsa.ed.gov. Begin working on it. Do not send it in before January 1 Filing the FAFSA online? Request a Personal ID Number (PIN) from the website Save December pay stubs to complete FAFSA 'Apply for scholarships Mail admissions applications, if due Do colleges have your recommendations?		Submit FAFSA January 1 If due, mail admissions applications and/or make sure they've been received Make sure colleges have your letters of recommendation Keep copies of all forms you mail Ask your parents to complete tax returns early this year. Schools may want a tax return to prove financial aid eligibility. Mail end-of-semester transcripts to colleges Apply for scholarships	mailed and received. Call 1-800-433-3243 When you get your Student Aid Report (SAR) make sure your colleges are listed If the SAR asks for updated information, or you need to make a correction, do so ASAP. Failure to respond could cost you financial aid College admissions letters start to go out send end-of-trimester transcripts to colleges Apply for scholarships		Contact financial aid offices to see if your application's complete If you're not admitted to any colleges, see your school counselor for guidance Review financial aid awards from colleges. You may need to sign and return one copy Decide which school to attend and notify all colleges by May 1 Apply for campus housing Respond to all letters from your college of choice by due date!		s ck campus cangements in freshman and tour equired tests y for college		
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CLASS GRADES	PHYSICS			C	Physics			Physics		C+	7 77 6725		
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ğ	OFFICE AN	DE		Α	OFFICE AIDE		A	OFFICE AIDE		А	OFFICE AIDE		
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You might need information from the Internet or library, family support, tutoring, or a quiet place to study. Whatever tools or resources you need to reach your goals, ask for them, demand them. Remember, parents and teachers are available to help.

Track your progress.

Once a week, or maybe once a month, think about your progress. Is it taking you longer than you thought to reach some goals? You might need to adjust your deadlines or add more in-between steps. Celebrate each success and think about what's next.

66 In preparing for battle,
I have always but that plans are useless, indispensable.



—Dwight D. Eisenhower